

# Is It Abuse?

## A Self-Assessment Checklist

What is Abuse?	When to Seek Help
Abuse is any pattern of behavior that makes you feel afraid, belittled, controlled, or unsafe. It can be physical, emotional, financial, sexual, or a combination. You deserve respect and safety.	If you checked any items on this checklist, your feelings are valid. Consider reaching out to a trusted friend, counselor, or domestic violence resource for support and guidance.

### PHYSICAL ABUSE

- My partner has hit, slapped, pushed, or kicked me
- I've been injured by my partner
- My partner threatens to hurt me physically
- My partner destroys my belongings or property
- My partner hurts or threatens to hurt our pets
- My partner uses weapons to threaten me

### EMOTIONAL & VERBAL ABUSE

- My partner calls me names or puts me down
- I feel afraid of my partner's anger or reactions
- My partner makes me feel worthless or stupid
- My partner blames me for their abusive behavior
- My partner uses silent treatment as punishment
- My partner denies things they said or did (gaslighting)
- My partner makes me question my own memory or reality

### CONTROL & ISOLATION

- My partner controls who I can see or talk to
- My partner monitors my phone, emails, or location
- My partner demands to know my passwords
- My partner prevents me from working or going to school
- My partner isolates me from family and friends
- My partner controls how I dress or wear my hair
- My partner makes all the decisions in our relationship

IMMEDIATE RESOURCES	TRUST YOURSELF
<p><b>National DV Hotline:</b> 1-800-799-7233  <b>Crisis Text Line:</b> Text HOME to 741741  <b>RAINN:</b> 1-800-656-4673  <b>Emergency:</b> 911  thehotline.org</p>	<p><b>If you recognize yourself in these descriptions, you are not alone.</b></p> <p><b>Your feelings are valid.</b></p> <p><b>Help is available.</b></p>

## Is It Abuse? (continued)

### SEXUAL ABUSE

- My partner forces me into sexual activity
- My partner refuses to use protection
- My partner pressures me into unwanted sexual acts
- My partner controls my reproductive choices
- My partner uses sex as a form of control
- I feel pressured to have sex when I don't want to

### FINANCIAL ABUSE

- My partner controls all the money
- I have to ask for money for basic needs
- My partner prevents me from working
- My partner takes my paycheck or income
- My partner runs up debt in my name
- I don't know about our financial situation

### PATTERNS OF ABUSE

- My partner's behavior is getting worse over time
- My partner cycles between being loving and abusive
- I feel like I'm walking on eggshells around my partner
- My partner apologizes and promises to change, but doesn't
- I'm afraid to tell my partner how I really feel
- I make excuses for my partner's behavior to others
- I feel trapped in this relationship

YOUR NEXT STEPS	IMPORTANT REMINDERS
<p><b>Even one checked box matters.</b></p> <p>If you marked any items:</p> <ul style="list-style-type: none"> <li>• Reach out to someone you trust</li> <li>• Contact a domestic violence organization</li> <li>• The Reset Room</li> <li>• StandFirm Healing Community</li> <li>• 1-1 Coaching with Kimberly</li> <li>• Create a safety plan</li> <li>• Know that help is available</li> </ul>	<ul style="list-style-type: none"> <li>• <b>This is not your fault</b></li> <li>• <b>You don't deserve this treatment</b></li> <li>• <b>Leaving can be the most dangerous time</b></li> <li>• <b>Abusers rarely change without professional help</b></li> <li>• <b>You deserve love, respect, and safety</b></li> </ul>